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brity pg 14

Clean up or no hubby says MIL

Deaths possible result of custody case

MURDER A lethal level of carbon monoxide was found in a Drumheller home, according to Drumheller RCMP, where a 34-year-old man and his 3-year-old son were found dead Sunday.

The RCMP Major Crimes Unit is investigating the incident as a murder/suicide, possibly brought on as a result of an ongoing child custody dispute, police said Monday.

The parents of the adult male found the father and son and there were no obvious injuries and no physical weapon have been located in the area.

The Drumheller RCMP had previous contact with the parents in this custody dispute.

METRO CALGARY

Election 2008 pg 6
- **Lawrence Martin on Dion's debate chance**
- **Harper getting a little arts-friendly?**
- **NDP only party to stop the Tories: Layton**

Health pg 11
Celebrate sexy days

Dog spa **Smells like a pooch**

ROBIN KUNISKI/FOR METRO CALGARY

Kerri Jones, 30, gives Benson, a 14-month-old Puggle, a wash down at The Car and Pet Spa on the corner of Heritage and Fairmount Dr. SE yesterday. Kerri took the day off work to enjoy fantastic weather, which is supposed to be around all week and double up on washing car and canine.

Weather the storm

No one really knows what's going to happen

DARREN KRAUSE
darren.krause@metronews.ca

As Toronto and New York markets plunged in wake of a failed Wall Street bailout yesterday, a noted economist warned every day Canadians not to give way to the credit crisis panic by making knee-jerk investment decisions.

"If you don't need to liquidate (your investments), then you can weather this," said University of Calgary economist Frank Atkins, who characterized the 840 and 778-point losses on the TSX and Dow Jones respectively, as paper losses.

"Once you sell, then you lose money."

Most of the initial concern would be for investors retiring now or in the immediate future, he said.

U.S. lawmakers yesterday rejected a US$700-billion bailout plan for the financial industry in a shock vote that sent global markets sliding as European authorities scrambled to prop up a slew of banks.

The passage of the bill, which would have let the U.S. Treasury buy up bad mortgage debt from struggling banks in an effort to kick-start lending was seen as crucial to shielding the economy from an even deeper slowdown.

Global money markets were frozen even as central banks poured hundreds of billions of dollars into the financial system to persuade financial firms to stop hoarding cash.

"There's a monster amount of fear out there. This is global contagion. It's no longer just the United States," said Joe Saluzzi, co-manager of trading at Themis Trading in Chatham, New Jersey.

"If you don't need to liquidate (your investments), then you can weather this. Once you sell, then you lose money."
Frank Atkins, economist
University of Calgary

But Atkins was confident there is a silver lining to the aftermath of the sub-prime mortgage failure and the aborted bailout of the U.S. lenders.

"It should be a lesson," he said, adding that governments might think twice about trying to buy back bad debt.

"But no matter what happens, our economies will emerge stronger," he said.

WITH FILES FROM REUTERS

Watch as local investors react to the U.S. financial crisis at metronews.ca

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BEAUTY *at the Bay*

Man convicted of animal cruelty
Frederick Hoath, 57, of Fernie, B.C. was convicted yesterday in a case of animal cruelty where five puppies were dumped down an outhouse toilet on the Alberta-B.C. boundary. Sentencing is Jan. 27 and jail time is being sought by the Crown. METRO CALGARY

Local

"This takes away any concerns about somehow having [officers] working their way through the bureaucracy."

Ron Liepert on changes to the scrutiny Alberta's top doctors face when dealing with disease outbreaks and medical disasters. The Chief Medical Officer will have more say on health care policies and a direct line of communication with Alberta's health minister. METRO CALGARY

U of C research team captures carbon in air

BREAKTHROUGH A University of Calgary research team led by climate change scientist David Keith made a breakthrough in the battle against greenhouse gas.

Using a relatively simple machine, Keith and his team found a way to reduce carbon dioxide in the air from sources such as vehicles and airplanes.

While carbon capture and storage technologies require installing equipment at the source of emissions and pipelining the CO2 for permanent storage underground, air capture can pick up carbon anywhere the system is located. METRO CALGARY

Texting scam uses name of legit U.K. firm

PHISHING The Better Business Bureau is warning Southern Alberta consumers of a text message phishing scam under the name Orange Mobile — a legitimate cellular service provider in the U.K.

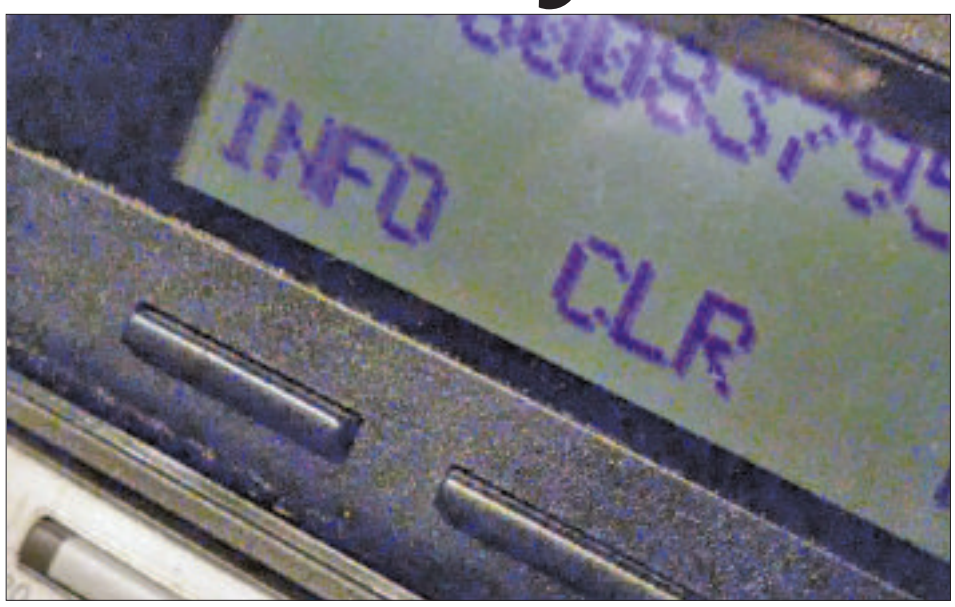
The message instructs the customer to reply by e-mail, at which time a request for personal information is made.

The website address of the scam is orange-uk.eu and the legitimate provider has the address orange.co.uk. METRO CALGARY

No-call list may swell

KRISTA SYLVESTER
krista.sylvester@metronews.ca

ROBIN KUNISKI/FOR METRO CALGARY



Residential homeowners will be able to block out telemarketers by adding their name to a do-not-call registry launched today.

Do not disturb.

That is the message Canadians will be sending out to telemarketing companies today as new rules go into effect allowing residents to block unwanted calls from telemarketing companies, with some exceptions.

The Canadian Radio-Television and Telecommunications Commission (CRTC) says after people register, the companies have 31 days to comply with the do-not-call lists. Companies contravening the rules are subject to a maximum $15,000 fine.

"So far there has been a really good response, and as for how many people register; only time will tell," CRTC spokesperson Denis Carmel said. "We feel we struck a good balance between what people want and the needs of companies."

However, some people feel as though the exceptions — political parties, charities, newspapers and polling agencies — are the companies that bother them the most, according to businessman Mark Mallory.

"Really, what is there left? I'm not sure these new rules go far enough."

Jeff Budgen disagrees, saying he doesn't get many unwanted calls.

"The ones I get I don't mind because they are telling me what's going on, like banks and stuff. But I think it's good for people to have the choice not to be bothered," he said.

Metro tried numerous times to contact city telemarketing companies but all refused comment.

To register your name for the do-not-call list phone 1-866-580-3625 or visit www.dncl.gc.ca.

Fear of illegal racing with Race City closure

NEIL MACKINNON
neil.mackinnon@metronews.ca

Speed junkies may be about to hit Calgary streets with reckless abandon as a high-octane joint prepares to close up shop.

The final checkered flag dropped at Race City Motorsport Park Sunday, and track owner Art MacKenzie said while he may be able to keep street racing on the go until Aug. 2009 before the city boots him out to build a storm water pond, after that, it'll likely be open season on city streets.

"These people love speed, they have fast cars that they're very passionate about and they will find other places to do that once we're forced to shut down," MacKenzie said.

Calgary police spokesperson Kevin Brookwell said street racing never disappeared in Calgary, but Race City did provide an outlet and they're preparing for an impending rise in incidents.

"These people will find alternatives," he said. "And that puts not only the lives of drivers and spectators who are there willingly in danger, but also any unfortunate innocent bystanders who happens across one of these races."

Police target younger recruits

LAUNCH A unique new police recruitment initiative launched yesterday joining Alberta post-secondary students and the government.

A newly formed Recruitment Alberta Police (RAP) committee is targeting young people and their peers to apply to Alberta police agencies.

Police Chief Rick Hanson spoke at the launch and said there is no better time than now to become a police officer. "Policing is one of the most exciting careers you can get into, it's like 30-40 careers in one," he told students.

SAIT student Steffi Heck said the school's involvement is really good experience for the students.

"And we're making a difference in the real world," she added.

KRISTA SYLVESTER/METRO CALGARY

Watch a videa related to this story at metronews.ca

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What's online today.

Link to Kevin Smith's blog, where the director disses an Air Canada experience at www.metronews.ca/canada
Watch as Stéphane Dion tries to defend both flanks at www.metronews.ca/canada, and Jack Layton calls for an all-party meeting to discuss the financial crisis

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72% of doctors don't wash hands

Just 28 per cent of doctors at 10 hospitals washed their hands between patients, Ontario's auditor general says in a special report into outbreaks of superbugs like C. difficile. That was an improvement from a rate of 18 per cent, because it came at the end of a recent project to encourage hand washing. TORSTAR NEWS SERVICE

Canada

Atwood book tackles debt

Margaret Atwood has often had to dismiss charges of clairvoyance and prophecy, and with the timely publication of Payback: Debt as Metaphor and the Shadow Side of Wealth, she has found herself doing it again. The book, a philosophical treatise on debt, hit stores as major players in world finance picked through the rubble of credit default.

REUTERS

News in brief

HEALTH The Public Health Agency of Canada is investigating a potential outbreak of Salmonella poona after six cases and 14 suspected cases have been reported in Canada. The 14 suspected cases of the relatively rare illness were reported in Ontario, while the six cases of the same genetic strain were found in Manitoba, Quebec and Nova Scotia, CBC News Online reports.

NURSES The thousands of nurses who have left Canada for the United States went not for money, but for regular work and because they're highly valued there, a major new study on cross-border flight finds.

ECONOMY Ontarians should gird for tough times, Finance Minister Dwight Duncan warned as he released figures showing the economy shrank slightly in the first six months of the year.

METRO NEWS SERVICES

Too old to drive?

Health more relevant for senior drivers: Experts

BRIAN TOWIE
brian.towie@metronews.ca

You might not be too old to drive, but you might be too unwell.

The issue of whether elderly drivers should be on the road hit the media again after an unidentified 84-year-old driver hit a pedestrian at a Halifax crosswalk Friday. The 56-year-old victim was dragged 30 feet underneath the car before a mechanic freed him. No criminal charges are pending.

Circumstances echo concerns raised in 2001, after 85-year-old Pilar Hicks hit and dragged Beth Kidnie, a 42-year-old mother of three, to her death. Justice Gerald Lapkin convicted Hicks of criminal negligence and wondered if regulators shouldn't consider more restrictions on elderly drivers.

> **"Illness can happen at younger ages and impair the ability to drive."**
> Dr. Allen Dobbs

But, Dr. Allen R. Dobbs, president and CEO of Drive-Able Assessment Centres Inc., a nationwide driving ability assessment program, argues it's not the age of the driver that should be considered, but their abilities — which are often affected by medical conditions.

"It's a question that's asked the wrong way: What's the correct age to hang up the keys?" Dobbs said. "It's about medical conditions. Illness can happen at younger ages and impair the ability to drive."

Still, Dobbs acknowledges older drivers face illnesses, such as dementia and heart and lung diseases that can impair driving skills.

Dennis Prouse, director of government relations at the Insurance Bureau of Canada, agrees medical conditions should be a top priority in the years to come.

Faced with an aging population, "we're asking ourselves how to tackle this," he said. "A blanket age cutoff is not the answer."

Face covered? Swear an oath to vote

Election 2008

POLICY People wearing face coverings will not be permitted to vote in the upcoming election unless they swear a special oath.

The change is based on a directive from chief electoral officer Marc Mayrand. It instructs returning officers to ask voters to uncover or swear they are eligible to vote before being allowed to do so.

The policy appears to be at odds with the Canada Elections Act, which contains no requirements that federal electors show their faces.

Repeated requests to interview Mayrand were not granted by Elections Canada. TORSTAR NEWS SERVICE

White snow falls on a red planet

SCIENCE It's the first snowfall — from Mars that is. "Nothing like this view has ever been seen on Mars," said Prof. Jim Whiteway of York University, lead scientist for the Canadian-supplied Meteorological Station on NASA's Phoenix Lander.

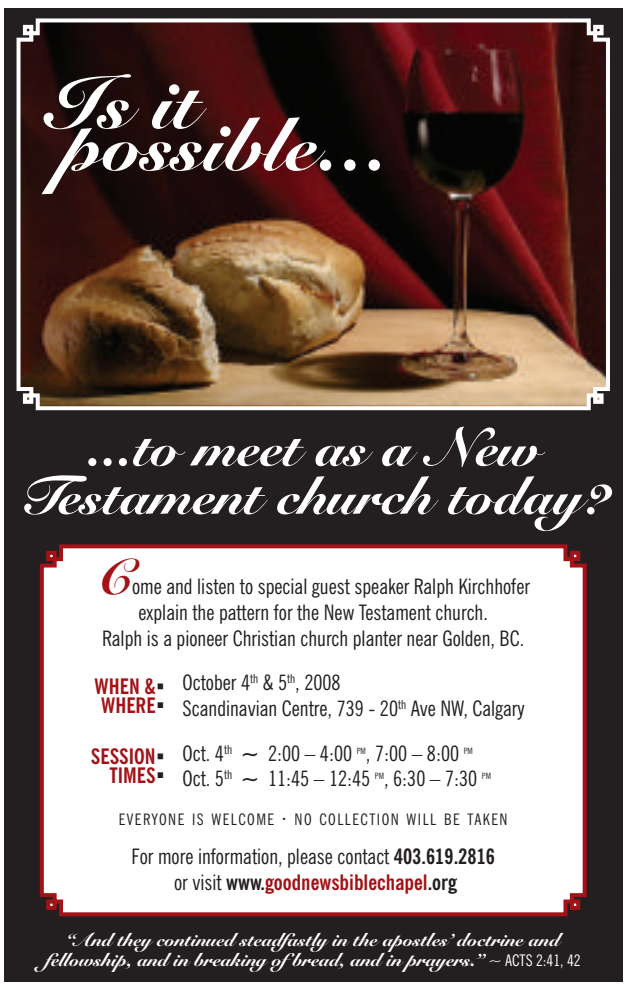
"The measurement of clouds and precipitation on Mars was done with a lidar. This is technology that was developed in Canada over the last 40 years," Whiteway, a professor of engineering and atmospheric science, said last night.

TORSTAR NEWS SERVICE

Nova Scotia **Kyle's aftermath**

PAUL DARROW/REUTERS

Fisherman Ryan Cunningham readies his boat to depart Clark's Harbour, N.S., yesterday. The vessel had taken shelter in the harbour to wait out Hurricane Kyle on Sunday evening. New Brunswick Power sent crews yesterday to help restore service to the more than 9,000 people who were still without power.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Layton promises more money for transit

NDP Leader Jack Layton pledged more money for funding public transit if the NDP are elected. Layton said he would funnel one cent per litre of the gas tax — about $400 million per year — to transit. **CBC NEWS ONLINE**

Election 2008

A chance to alter image

Debates offer Dion opportunity to talk about his policies

National**Report**

Lawrence Martin

After being defined by Stephen Harper's attack machine as an arm-splayed wimp since winning the Liberal leadership two years ago, Stéphane Dion gets a last chance to alter the deathly image in the campaign debates tomorrow and Thursday.

Liberals now regret not having fought back earlier. They should have, some of them say, found a photo of Harper looking completely moronic and plastered it all over the television screens. They have learned a lesson — probably too late! — that, in Canada, gutter politics works.

That kind of politics was never the style of the sincere and overly academic Dion. In the debates, some Liberals want him to make a direct appeal to the voters. At the conclusion a message of this kind: "I hope you have not been taken in by the demeaning ads about me. Yes, I have difficulty pronouncing words and, yes, I look too much like a professor. But is that what really matters? Or is it the values I have, the policies and vision, the team I have?"

It might help. Dion has to come across as statesmanlike and credible. He has a tendency to sound forced and pleading. If he goes that route, he'll be seen as desperate and it will quicken his descent.

There was a nice moment in his campaign on the weekend. It was his 53rd birthday and reporters presented him with a limited edition print of the puffin bird —the one used by Harper dirt-throwers in the defecation ad. He was also given a giant card that said: "This is a magic birthday card. It can only be opened by someone with good looks, intelligence and sex appeal." Dion blushed.

ANDY CLARK/REUTERS

One of his staffers told reporters, "You guys do have a heart" after all. The debates will be tough for him. Harper is cooler under fire. The Liberal leader faces the added problem of having his friend, Green party Leader Elizabeth May, front and centre.

It's an obstacle because, despite their mutual respect, her party is on the rise and she steals more votes from the Liberals than the others. The Conservatives are falling back in Quebec and need a big boost in Ontario and British Columbia to score a majority. Those are the provinces where the Greens are strong and divvy up the votes on the left.

May is the wild card. On some occasions, she comes across as long-winded and wingy, on others knowledgeable, quick-witted and winsome. If she's a bird that takes flight, she will help Stephen Harper to a majority.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Only NDP can stop Tories: Layton

Jack Layton insists that only the NDP can stop Prime Minister Stephen Harper, and he's urging "progressives" to rally behind him to do so.

"I think he's bad for the country. I think he's bad for working families," Layton said of the Conservative leader, speaking to the Toronto Star's editorial board yesterday.

Layton said Liberals "disappointed" with Stéphane Dion are welcome aboard the NDP bandwagon, as are Greens and red Tories.

Dion's support of Harper's "reckless, across-the-board" $50 billion in corporate tax cuts undermines the Liberals' moderate credentials, he said.

TONY BOCK/TORSTAR NEWS SERVICE

NDP Leader Jack Layton speaks to the Toronto Star editorial board yesterday.

Polls show Harper is on the cusp of winning a majority of seats in the Oct. 14 election, despite the fact the combined support for the NDP, Liberals, Greens and Bloc Québécois far outstrips the Tories' support.

Asked if it would be a "good thing for the country if the Liberal party faded out of existence," Layton demurred.

"I don't have an opinion about that," he replied.

"It's really up to Canadians to decide what kind of political formations should succeed in our country. I'm suggesting that ours should. That's my proposition," he said.

"We need seats to form a government. We're probably the only party that will defeat Conservatives in this election. I think we'll defeat quite a few. Stephen Harper's got to be moved out of office." **TORSTAR NEWS SERVICE**

PM presents arts-friendly face

It's make-or-break time for the Conservative campaign in Quebec.

With the nationally televised French debate tomorrow, Conservative Leader Stephen Harper made a quick swing into the province where his party is taking a shellacking over arts cuts and tougher youth crime penalties.

He was met by one of the largest crowd of protesters of this campaign: About 300 people from two of the province's biggest labour unions, women's groups and an impoverished nearby Aboriginal village. They blocked a regional highway, carried signs and blew whistles under the watchful eye of Quebec police.

Harper did not meet with them, but offered to dispatch one of his cabinet ministers, Christian Paradis, to do so, the first time the Conservative campaign has reached out to any group of protesters.

Hours before returning to Quebec for the third time in the campaign, Harper tried to present a more arts-friendly face to Quebecers.

He announced a small tax break for childrens' music, drama and arts lessons — proof, he said in French, "of our government's support for the arts."

TORSTAR NEWS SERVICE

Nominations

Women running in record numbers

CANDIDATES Canada's major political parties have nominated 387 women to run as candidates in the federal election — a record number.

While this falls short of fair representation at 29 per cent of all candidates, it is a sign of progress and increased efforts by all major parties, says Equal Voice, which challenged the leaders of all parties to field more women candidates in this election.

METRO NEWS SERVICES

News in brief

CONTROVERSY In his first public appearance during the election campaign, Conservative Agriculture Minister Gerry Ritz yesterday bolted from reporters at a Canadian Federation of Agriculture debate seeking comment on his controversial joke about Canadians dying from eating meat tainted by listeriosis. **TORSTAR NEWS SERVICE**

Watch as Stéphane Dion defends both flanks from the Tories and a surging NDP at metronews.ca/canada

14 days remain until the 2008 Canadian federal election

Gates predicts no sharp cuts in U.S. defence budgets
U.S. Defence Secretary Robert Gates predicted yesterday that growth in U.S. military spending would level off in the coming years, but not face severe cutbacks, despite the current economic crisis. REUTERS

World

Fashion defies gloomy climate

France's ready-to-wear spring and summer shows began in earnest yesterday with Christian Dior's collection, as the world of fashion flew in the face of an increasingly ominous world environment. Around 100 designers will be showing collections over the coming week, sending models, stylists, reporters and fashionistas racing around the French capital, seemingly oblivious to turbulence menacing the global economy. REUTERS

U.S. recession fears soaring

Americans may start feeling pinch soon after bailout voted down

The U.S. economy was in dangerous waters before a shock House vote yesterday to reject a bailout for troubled financial firms, and it's now even closer to being on the rocks.

Credit markets have seized up, banks are failing in Europe or facing arranged marriages in the U.S., while frightened consumers clutch their wallets closely — all warning signs that economic activity was near grinding to a halt.

Analysts said lawmakers' rejection of the bailout — never popular, but widely thought necessary — heightens the risk that a deepening U.S. banking malaise will spread more rapidly abroad and worsen a developing slowdown.

"Today's vote not to pass the $700-billion package to aid the liquidity crisis has raised the probability of a global recession as capital flows seize in the entire system," said Chris Jarvis, senior analyst with Caprock Risk Management, warning it may soon be felt by ordinary consumers.

In recent days, banks have been increasingly hoarding cash and may now be so reluctant to lend that longstanding relationships with businesses risk being interrupted to the extent that some could have difficulty meeting payrolls.

Gary Thayer, chief economist at Wachovia Securities, warned "it won't be long" before the impact is felt on Americans' day-to-day affairs.

"We're already seeing a weak economy and if we don't see the credit markets improve within the next week or two, we'll start to see some businesses having difficulty in getting credit," he said. "This could lead to increased layoffs within the next month."

The bailout proposal would have given the Treasury authority to buy liquid and unwanted assets, like non-paying mortgages from banks, credit unions and other firms, in the hopes of purging the financial system of bad debts and persuading banks to keep credit flowing.

Precisely why the vote failed was unclear, since Democrats and Republicans huddled throughout the weekend and seemed to have reached a compromise Sunday. Republicans portrayed it as a bailout for Wall Street, unpopular because they considered financial firms largely at fault for the problem. REUTERS

Consumer confidence very shaky

- American consumer confidence was already shaky before yesterday's bailout vote and a report issued yesterday showed U.S. spending in August was flat. Markets have shared that nervousness and stock prices plunged after the plan was voted down.

Israel should give back land: Olmert

MIDEAST Israel should withdraw from nearly all territory captured in the 1967 Middle East war in return for peace with the Palestinians and Syria, Prime Minister Ehud Olmert was quoted yesterday as telling an Israeli daily newspaper, Yedioth Ahronoth.

Olmert, in a caretaker role since quitting on Sept. 21, said he was breaking new ground in calling for a broad pullback from the occupied West Bank, where Palestinians hope to establish a state, and in the annexed Golan Heights, which Syria wants back. REUTERS

Egypt **Hostages safe and sound**

NASSER NURI/REUTERS

A recently freed tourist waves after arriving at a military airport near Cairo yesterday. Eleven European tourists and eight Egyptians abducted in a remote border area of Egypt were freed and half of their kidnappers killed, Egyptian officials said yesterday.

Militants in Pakistan boosted by Afghans

PAKISTAN Militants battling Pakistani forces are getting weapons and reinforcements from Afghanistan, security officials said yesterday, vowing no let-up in their offensive in the northwest.

Government forces launched an offensive in the Bajaur region on the Afghan border in August after years of complaints from U.S. and Afghan officials that Taliban insurgents in Afghanistan were getting help from Pakistani border areas such as Bajaur.

Now the tables have turned and the militants locked in heavy fighting with Pakistani forces are getting help from the Afghan side of the border, officials said.

"The Pakistan-Afghan border is porous and is now causing trouble for us in Bajaur," a senior security source in the military told a news briefing.

"Now movement is taking place to Pakistan from Afghanistan," said the official, who along with a colleague at the briefing, declined to be identified.

The officials did not blame the Afghan government for sending militants across the border, but called on Kabul and U.S.-led forces in Afghanistan forces to stop the flow. REUTERS

Displaced

- The fighting has displaced several hundred thousand people and about 20,000 had sought refuge across the border in Afghanistan, the United Nations said.

News in brief

IRAN Officials said yesterday it would not halt nuclear work as demanded by the UN Security Council in its latest resolution on Tehran's atomic program that the West believes is aimed at making warheads.

IRAQ Doctors in Iraq will have the right to carry guns to protect themselves, the government said yesterday, in a bid to address the security concerns of a profession that has been targeted by militants. REUTERS

Typhoon roaring toward China

WEATHER A powerful typhoon headed toward the eastern Chinese coast yesterday forcing over 200,000 people to seek higher ground, state media said, after it battered Taiwan over the weekend.

Typhoon Jangmi, the season's most powerful storm, was spinning off the coast of China's Fujian province and moving toward Zhejiang and Shanghai, with winds of up to 126 km/h, the Fujian Provincial Meteorological Bureau said.

More than 26,000 boats returned to harbour ahead of the storm, Xinhua said. Downpours were forecast in Fujian over the next two days.

The storm had weakened as it left Taiwan, but the government advised workers and students around the island to stay home yesterday.

Weather forecasting service Tropical Storm Risk said Jangmi, a category 1 typhoon on a 1-5 scale, would weaken yesterday after passing over Taiwan as at category 4.

The storm is moving north, likely to brush the southeast China coast en route toward Japan, Tropical Storm Risk said. REUTERS

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Lanvin in talks to sell stake to Qatar investor
As the luxury goods market dries up amid a poor credit outlook and tough economic times, French fashion house Lanvin is in talks to sell a stake to a Qatar-based investor for around $220 million US. Exclusive talks will continue through October. **REUTERS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

TSX battered after U.S. bailout plan rejected

The Toronto Stock Exchange's main index tumbled nearly 7 per cent yesterday, the biggest drop in eight years, as U.S. lawmakers rejected a proposed $700 billion US bailout of the financial services sector.

The S&P/TSX composite index plunged 300 points about five minutes after the U.S. House voted to reject the rescue plan.

By close, it dropped 840.93 points, or 6.9 per cent, to 11,285.07, its biggest percentage drop since 2000, and the biggest points decline ever. **REUTERS**

Bailout **The human side**

SHANNON STAPLETON/REUTERS

A demonstrator stands outside the New York Stock Exchange during a protest in New York yesterday, while U.S. lawmakers met to vote on a $700 billion US bailout of the financial industry.

Energy stocks pounded on TSX

ENERGY Canadian energy stocks were hammered yesterday in one of their biggest one-day drops as oil and gas prices skidded due to the financial crisis.

The Toronto Stock Exchange oil and gas subgroup fell nearly 11 per cent, or 35.36 points, to 298.08, a 20-month low for the sector. That made it the biggest loser on the TSX as the broader composite index sank more than 840 points. **REUTERS**

Business in brief

BANK BUYOUT Citigroup Inc will buy Wachovia Corp.'s banking operations in a $2.16 billion US, all-stock transaction, in a deal to be brokered by the Federal Deposit Insurance Corp.

OIL Imperial Oil Ltd. said yesterday it will spend $100 million to cut sulfur dioxide emissions by 50 per cent at its 121,000 barrel a day refinery in Sarnia, Ont. **REUTERS**

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3030 – 3 Avenue NE, Suite 120
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Advertising:
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Local:
Publisher, Steve Shrout
Managing Editor, Darren Krause
darren.krause@metronews.ca
Marketing Manager, Blaine Schlechter
Distribution Manager, Dave Mak
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Group Publisher, Bill McDonald
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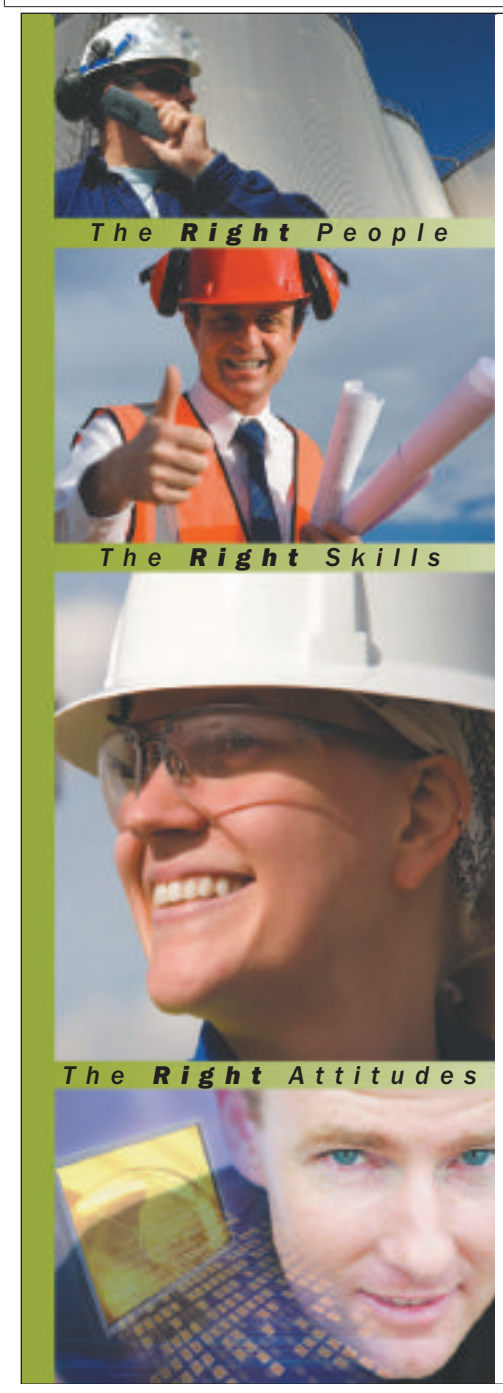

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Be a financial fighter

SmartCookies

You don't have to be an economist to know that we have fallen on difficult times financially. So in these troubled times we should be taking action to recession-proof our finances. Here are some simple tips you can start doing today:

For You:

1. Save, save and save some more. If possible, you should build an emergency fund of at least three months of living expenses. Whatever you can manage to put away monthly, you should (even if it's just $50). This is the most basic thing you can do in order to protect yourself and to ensure that you are not relying on credit should something unexpected happen.

2. Become a savvy spender. If you don't yet have a spending plan, visit smartcookies.com and download one. If you haven't a clue as to where your money is going, then you probably also don't know what kind of simple changes you can make to save.

3. Pay it down. As fast as possible, pay off anything you owe on credit cards and lines of credit. Also, on any debt you do have, make sure that you are being charged at the lowest interest rate that you are eligible for.

4. Be Patient. If you can't afford to buy it, then don't. We understand that you may feel like you are entitled to the best car, the nicest wardrobe, the dinners and drinks out. But be patient.

5. Build a Community. Now more then ever it is important to start your own money group (if you haven't already). Rely on members to share knowledge, resources and tips for everyday savings.

For Your Job:

6. Build your skill set. No job is 100 per cent guaranteed and so making the effort to learn more and in turn making yourself marketable is a must. Network and seek out mentors in your field to ensure that you stay connected and stay current.

7. Toot your own horn. We all know people who promote themselves and make it known that they are productive members of the team. We're not saying you need to be obnoxious but do make sure that your work is getting noticed, and that your boss knows that you are a valuable asset.

8. Make More Dough. Now is the time to figure out what you can do to make some extra dough. Love yoga? What about becoming an instructor? Good in the kitchen? Maybe consider catering personal events for friends and families. Everyone has specialized skills, it's just a matter of figuring out what they may be.

the Smart book

- For more tips, check out your local bookstore for Smart Cookies' Guide to Making More Dough, on sale this week!

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Read this week's column at metronews.ca

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Patience, young home buyer

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q My wife and I are both in our late 20s. We are determined to own a home. We have accumulated a sufficient down payment for our first home. Is this the right time to buy?
Chris and Toni

A The place that you call home should be viewed as a long-term investment and security in your later years. Historically, real estate has appreciated over the long haul and the patient are not disappointed. No other investment allows the owner to be sheltered from the elements, taxes and a landlord.

Recent reports by the Canadian Real Estate Association (CREA) have indicated continued sales and price declines. Particularly, in cities in our Western provinces such as Vancouver, Calgary, Saskatoon, etc. Not surprisingly, cities that enjoyed the most growth in price appreciation are giving some of it back. Last month, Vancouver saw a 5.2 per cent price drop compared to the same month last year. Calgarians watched as prices slid 8 per cent.

What does this all mean to the average first-time buyer? If you already live in a home, relax, no one is kicking you out. If you are an investor, continue to look for opportunities. First-time buyers should be patient and buy when you are comfortable. Crystal balls are like mirrors, the viewer sees a reflection.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

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Rams fire Linehan, Haslett named interim head coach

The St. Louis Rams fired head coach Scott Linehan yesterday after an 0-4 start to the 2008 season. Defensive coordinator Jim Haslett, a former head coach with the New Orleans Saints, will take over on an interim basis. METRO NEWS SERVICES

Sports

Blackhawks waive Khabibulin

The Chicago Blackhawks placed goaltender Nikolai Khabibulin, left, on waivers, according to a report in the Chicago Sun Times yesterday, the first step for the club to eventually move the veteran. The 35-year-old Russian is the odd man out in the 'Hawks goaltending rotation, which also includes free-agent signee Cristobal Huet, Corey Crawford and the untested Antti Niemi. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Sports in brief

NFL Jacksonville Jaguars offensive tackle Richard Collier, who was shot earlier this month, had his left leg amputated and is paralyzed below the waist, according to his doctors.

Collier

MLB Paul Godfrey, the president and chief executive of the Toronto Blue Jays and Rogers Centre, will step down from his duties at the conclusion of the 2008 calendar year.

NHL The Tampa Bay Lightning dealt forward Nick Tarnasky to the Nashville Predators yesterday in exchange for a conditional draft pick in 2009.

MLB The St. Louis Cardinals and starting pitcher Kyle Lohse agreed to a four-year contract yesterday. METRO NEWS SERVICES

Jays looking for a new leader

YorkReport

Marty York

marty.york@metronews.ca

Canada's MLB franchise is without a president for the moment because Paul Godfrey either stepped down yesterday, as he'd like us to believe, or he was released, as club sources whispered in my ear yesterday.

Doesn't matter either way now, does it? Far more significant at this point is the selection of Godfrey's successor by the Rogers ownership. The Blue Jays, after all, haven't exactly been smash successes in recent years. They never qualified for the playoffs during Godfrey's tenure — he took over in 2000 — and they haven't come close to attracting the nation-wide following they enjoyed during their halcyon days in the late 1980s and early 1990s.

The Jays' new bossman will play a major role in whether the organization can re-establish itself as a Canadian favourite or follow in the footsteps of the defunct Montreal Expos.

As I reported in this space back on July 29 — you can review it at metronews.ca/yorkreport — the Rogers braintrust has long had three candidates in mind to succeed Godfrey: Ex-Jays prez Paul Beeston, ex-Jays general manager Pat Gillick and ex-Rogers executive John Tory.

Beeston has been telling friends he has no interest in returning, but a chunk of cold, hard $$ might be able to take care of that. Gillick, concluding his days as the Philadelphia Phillies' GM, has said he will retire at season's end, but he also said that many times in the past and changed his mind repeatedly. Tory is the chief of Ontario's Progressive Conservative party, but he rescued the CFL from its deathbed when he was its commissioner and sources suspect he could be eager to similarly revive the Jays.

• So, what happens to Jays GM J.P. Ricciardi now that Godfrey is no longer around to stick up for him?

Rogers sources told me yesterday Ricciardi and most of his front-office aides will be dumped soon. In fact, they said one of the reasons for Godfrey's departure is he refused to dump Ricciardi.

Ricciardi's contract with the Jays runs through 2010. Gillick also is a candidate to resurface as Ricciardi's replacement.

• New York reports suggest the Yankees' Jason Giambi could be the Jays' first baseman next season if Ricciardi remains in Toronto. The two are pals … Look for ex-Sportsnet anchor Hazel Mae to become the face of the MLB Network, which launches in more than 50-million U.S. homes next Jan. 1 … And what's this I'm hearing about ex-Jay and ex-Brewer Paul Molitor trying to replace Dale Sveum as Milwaukee's manager next season?

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Wake making waves in CFL

• With 18 sacks — seven against Hamilton — B.C.'s Cameron Wake can surpass James Parker's CFL record (26.5, set in 1984). Metro columnist Marty York thinks Wake is the CFL's best player this season. For more, read Marty's latest CFL Report at metronews.ca/cflreport.

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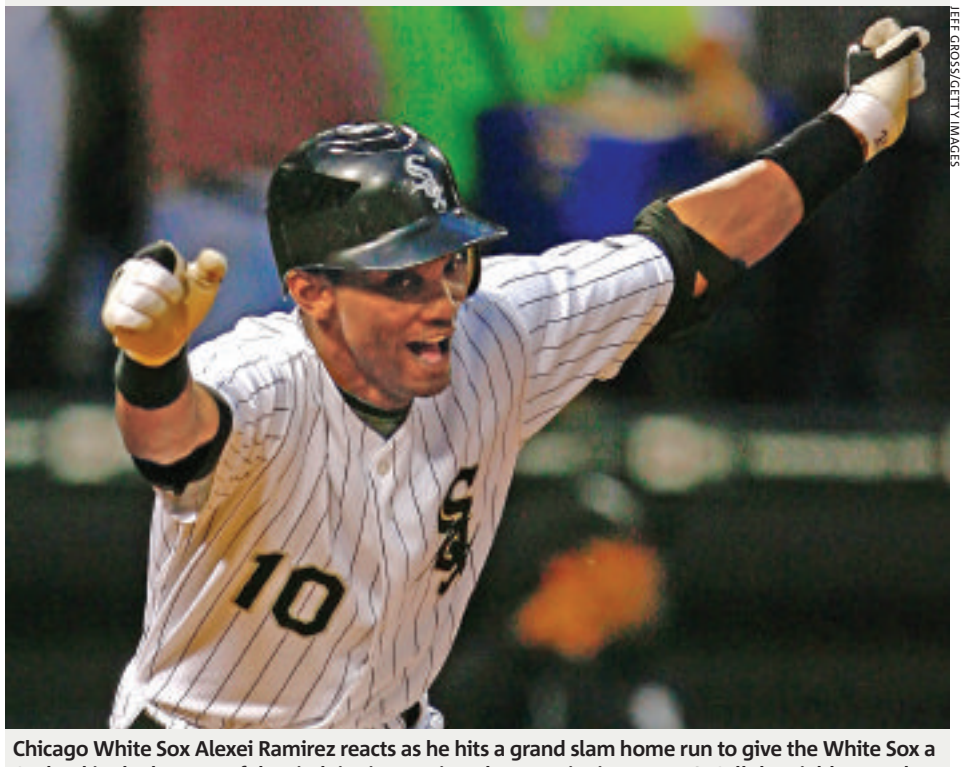
MLB Ramirez slams White Sox into tiebreaker



JEFF GROSS/GETTY IMAGES

Chicago White Sox Alexei Ramirez reacts as he hits a grand slam home run to give the White Sox a 6-2 lead in the bottom of the sixth inning against the Detroit Tigers at U.S. Cellular Field yesterday. The Sox went on to win 8-2. The victory put the White Sox in a tie with the Minnesota Twins in the American League Central division forcing a one-game tiebreaker to be played tonight in Chicago.

SCOREBOARD

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Chicago W. Sox 8 Detroit 2

TODAY'S GAME
AMERICAN LEAGUE
One-game tiebreaker
Minnesota at Chicago W. Sox, 5:37

CFL

WEST DIVISION

	W	L	T	PTS
CALGARY	9	4	0	18
B.C.	8	5	0	16
Saskatchewan	8	5	0	16
Edmonton	7	6	0	14

EAST DIVISION

	W	L	T	PTS
x-Montreal	9	4	0	18
Winnipeg	5	8	0	10
Toronto	4	9	0	8
Hamilton	2	11	0	4

(x — clinched playoff spot)

WEEK 15
FRIDAY'S GAMES
B.C. at Toronto, 5
CALGARY at Saskatchewan, 8
SATURDAY'S GAMES
Montreal at Hamilton, 2
Winnipeg at Edmonton, 5

NFL

WEEK 4
LAST NIGHT'S RESULT
Pittsburgh 23 Baltimore 20 (OT)
WEEK 5
SUNDAY'S GAMES
Chicago at Detroit, 11
San Diego at Miami, 11
Atlanta at Green Bay, 11
Seattle at N.Y. Giants, 11
Tennessee at Baltimore, 11
Indianapolis at Houston, 11
Kansas City at Carolina, 11
Washington at Philadelphia, 11
Tampa Bay at Denver, 2:05
Cincinnati at Dallas, 2:15
Buffalo at Arizona, 2:15
New England at San Francisco, 2:15
Pittsburgh at Jacksonville, 6:15
MONDAY'S GAME
Minnesota at New Orleans, 6:30

Boys are bigger bullies: Report
Four out of 10 school-age kids in Canada report being victims of bullying, according to a recent report by the Public Health Agency of Canada. Overall, boys bully and are bullied slightly more than girls. **BEST HEALTH MAGAZINE**

Health

New Buriti Baby collection

Pamper and protect your baby naturally with The Body Shop's new Buriti Baby line of baby products. Set to launch on Oct. 9, the eight-piece line ranges in price from $8.50 to 30 and includes body butter, shampoo, massage gel, a brush and more. The pediatrician-approved products are made from buriti tree nut oil, which is a mild and gentle ingredient used throughout Southern American for its beneficial properties. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Socially disconnected

'Digitalk' causing the quality of friendships to decline: Survey

CELIA MILNE
for Metro Canada

You text a friend to say you're SETE (smiling ear to ear) or SWL (screaming with laughter). But if you aren't face to face, it's a shallow connection.

Facebook, e-mail, MySpace, text messaging, and MSN have made our relationships more distant. Quantity of friendships is increasing but "quality is declining," says Allie MacPhail, a relationship expert with offices in Toronto and Newmarket, Ont. "How many of those people actually mean a lot to you?" asks MacPhail. "They may be friends of friends."

On average, we connect socially 17 times a day through technology and only twice in person, according to a recent survey conducted by Ipsos Reid. Fifty-five per cent of Canadians say that life is so busy that they have to use electronic communication to stay in touch with friends and family.

A huge majority (88 per cent) say that meeting in person would make them feel more connected than meeting digitally. And 61 per cent are nostalgic for bygone, low-tech days; they sometimes wish they could go back to when we didn't rely so much on electronics to communicate with each other.

The down side of all this digitalk is that we lose our interpersonal skills. "I see more lonely people even though they have a lot of people they are connected to," says MacPhail. "Emotionally, they don't know how to handle conversation."

"Get offline. Go out and talk to friends... Recognize the value in human connection."
Allie MacPhail, a relationship expert

MacPhail suggests that physically getting together with people and having eye contact is important. "It's not rocket science," she says. "Add up how many times a day you are face to face. Get offline. Go out and talk to friends. Talk to family. Recognize the value in human connection. It deepens your empathy."

Teens are a group especially lacking in these interactions, she says. In her office, for example, parent bring in a troubled teen. MacPhail asks the teenagers how their day is going and what their week has been like, and they realize it is the first time that day they have talked to someone face-to-face. "They start connecting with me," she says.

"We are made for relationships, for actual human connections. The computer is not giving it to us. Let's see humans connect more," says MacPhail.

The survey, which polled more than 1,000 people in July 2008, was sponsored by Dentyne.

On average, we connect socially 17 times a day through technology and only twice in person, according to a recent survey.

It's pleasure your mate month

The J Spot

Josey Vogels

Sex talk with Josey

Today, apparently, is the last day you can pleasure your mate. Yes, for those of you who haven't been keeping up, September is "Pleasure Your Mate Month."

Who knew? I certainly didn't until I got an e-mail from a radio station asking to interview me for ideas on how to honour this enigmatic occasion. Where the heck did "Pleasure Your Mate Month" come from?

Google only turned up some people's ideas for how they planned to mark the event, some of which were, well, less pleasurable than others ("Throw knives, feed poison," wrote one rather bitter single gal).

Seems that these days, every aspect of our sex lives has a day, week or month devoted to it.

May is Masturbation Month, complete with its own Masturbate-a-thon (*masturbate-a-thon.com*) for which participants get sponsors for every minute they masturbate with funds raised going to women's sexual health organization.

December 21nd is Global Orgasm Day (*globalorgasm.org*), not to be confused with National Orgasm Day, which is celebrated on July 22 in Britain. I know orgasms are great and all but I'm not sure they warrant two days of observance.

Then there's Condom Week Feb. 14 to 21 (*nationalcondomweek.com*). And don't forget World Naked Gardening Day on the first Saturday of May (*wngd.org*) or World Naked Bike Ride on various dates throughout the year (*worldnakedbikeride.org*).

It's a little out of hand. I mean, one would think that "pleasuring your mate" is something one would make an effort to do at least occasionally during the other 11 months of the year. Do we really need a special month to remind us?

I suppose, much like Valentine's Day, the mother of all of the eros-oriented holidays, these occasions force us to put a little effort into areas of our romantic lives that may get less than our full attention the rest of the year. Or, as with the case of Masturbation Month or Condom Week, they raise awareness and promote sexual health.

But I'd like to see some holidays that address some of the more mundane, yet equally important aspects of maintaining a healthy relationship. You know, the day-to-day nit-picky stuff that can slowly eat away at a relationship, like moths in a blanket box, slowing eating away until, one day, you pull out a blanket and the whole thing just falls apart.

"I'd like to see some holidays that address some of the more mundane, yet equally important aspects of maintaining a healthy relationship."

For example, how about we introduce: "How is Dropping Your Socks on the Floor Any Easier Than Dropping Them in the Hamper Day" or "Sometimes it's More Important to Get Along Than To Be Right Week " or how about, "If You Can Find Time To Watch Fours Hours of TV a Night You Can Find a Half an Hour For Sex Once in Awhile Month?"

Now these are some causes worth devoting our time toward.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Osbourne nails purse snatcher

Reality TV star Jack Osbourne has been hailed a hero after catching a man who had attempted to steal a woman's handbag in London on Saturday. Fellow shoppers helped Osbourne pin the assailant down while they waited for the police to arrive. FEMALEFIRST.CO.UK

Entertainment

Jay-Z star search

Jay-Z reportedly wants to sign 50 Cent and Janet Jackson to his new label, StarRoc. Artists who sign are expected to ink recording, touring and merchandise deals. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Tudors take risk

RICK McGINNIS
Metro Canada

When David Alpay auditioned for The Tudors, he knew he'd have a chance to share the screen with a who's who of British acting talent, in a story as English as fried food and damp curtains.

With recurring roles in Canadian shows like Slings And Arrows and Billable Hours as well as Atom Egoyan's Ararat behind him, he nonetheless decided to take a bit of a risk.

"I never told them that I didn't have an English accent. I kind of auditioned with an accent and just kind of got the part and bluffed my way through, I guess."

Alpay ended up landing the role of Mark Smeaton, the court musician who became a favourite of King Henry VIII and then his second wife, Anne Boleyn. Smeaton was a rock star at the Tudor Court but he met an unfortunate end, implicated in an adulterous affair with Anne that conveniently suited both Henry's burgeoning paranoia and his need to get rid of yet another wife who wasn't producing an heir, though Smeaton was in all likelihood innocent.

CBC TELEVISION PHOTO

David Alpay chose not to tell makers of The Tudor he didn't have an English accent when he auditioned for the role of musician Mark Smeaton.

"What's really cool is that the show refuses to provide answers like that on the surface," Alpay says, "and it's not until the last two episodes of the season that we really find out what's happening, and it's heartbreaking, actually. Smeaton and Anne aren't out to get the king or screw around and cause trouble. They're just two people who, in a way, really love each other and care about each other, but the environment, the society that they live in, that has a really hard time with that."

Caribou wins top Canadian album award

KUDOS Caribou hit the right note with the jury deciding who was to receive the Polaris Music Prize in Toronto last night.

The $20,000 prize honours the top Canadian album of the year.

A jury of 185 music writers, bloggers and broadcasters drew from a list of 10 of the best Canadian albums released between June 1, 2007, and May 31 this year.

The prize also celebrates diversity and creativity in Canadian music. Sales figures are not taken into consideration when deciding upon a winner.

Nominees this year included Kathleen Edwards, who hails from Ottawa, Stars, from Montreal, Black Mountain, Plants and Animals, Basia Bulat, and Two Hours Traffic.

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Little Britain to big screen
Comedy duo Matt Lucas and David Walliams are to make a movie of the hit TV show Little Britain. The feature length film is backed by Spice Girls manager Simon Fuller and will include all the show's characters, played by Lucas and Walliams. FEMALEFIRST.CO.UK

DVD picks

Iron Man
Director: Jon Favreau
Rating: PG

IRON MAN delivers the superhero essentials — lots of action, great characters and a really cool suit — as it smartly vaults a lesser Marvel Comics hero into the same stratosphere as Spider-Man.

It took a superhuman leap of faith to hire tabloid fodder Robert Downey Jr. for the title metal man (he's actually clad in gold titanium alloy), since there were no guarantees he'd be either appropriate for the job — or even available.

There's all the usual making-of and CGI demo hoo-hah, but a movie this fresh and funny needs a commentary track or two. Couldn't Downey and director Jon Favreau have found the time to rock the mic together? There are some laughs in Downey's screen test for the gig and in The Onion's news item parody: "Wildly Popular Iron Man Trailer to be Adapted into Full Length Film." TORSTAR NEWS SERVICE

Forgetting Sarah Marshall
Director: Nicholas Stoller
Rating: 18A

FORGETTING Sarah Marshall finds producer/comedy kingpin Judd Apatow back on form, after the recent disappointments of Drillbit Taylor and Walk Hard: The Dewey Cox Story.

But that's only if bawdy sex and winking put-downs and TV parodies are your idea of hilarity.

Scenes that might have been left for DVD or dumped altogether are allowed to ramble on in the movie.

As a result, the nearly 20 minutes of deleted and extended scenes in this three-disc Collector's Edition seem downright bloated.

There's also a generous assortment of commentaries, gag reels and music videos — the latter of interest only if you enjoy the sweetly bizarre Muppet Dracula subplot. TORSTAR NEWS SERVICE

F apparently is for Food

IntelleVision

WHAT THE F---: Celebrity chef Gordon Ramsay takes a step closer to deadly ubiquity tonight with the North American premiere of The F Word, his British chat/cooking/competition show on the Food network. Food have decided to debut with the second season of the show, an episode where Ramsay challenges a quartet of butchers to work the kitchen at one of his restaurants, sets up a pig pen in the backyard of his London home to raise a pair of porkers for sausages and chops, and pits himself against a TV actress, to see who makes a better lasagna. He also invades a slovenly bachelor pad to teach its grimy inhabitants how to avoid becoming pitiful caricatures.

He even manages to nip out of the kitchen every now and then to check on Kathy Burke — Magda, the fast-talking, foulmouthed magazine editor on AbFab — whose decidedly low-brow taste in food and drink exasperates Ramsay more than the four men stumbling through service in his kitchen.

It's a densely-packed show that will either thrive or fail depending on how many Ramsay fans out there are impatient for a new season of Hell's Kitchen or Kitchen Nightmares. Ramsay is probably about one more show away from Emeril-style overkill, and while I'm still a huge fan of his bellicose, alpha male persona, the dawn of a post-Ramsay age is probably close at hand

A CHEAP HOLIDAY IN OTHER PEOPLE'S MISERY: "It's just, like, out of this world, I think, this place — kind of a weird thing to use for tourism." Says Carmel, an Australian tourist, who complains that they're charging $50 to throw a live hand grenade into a pond at a Cambodian genocide museum.

Gordon Ramsay returns with his new show The F Word.

Manfred Becker's Dark Tourism, airing tonight on History Television, makes the circuit of just over a half dozen tourist attractions around the world that offer a change of pace from the usual theme park, beach resort or folkloric dance show.

He starts at a former Soviet prison in Latvia where visitors are harassed and abuse by actors playing guards, and moves on to Stalin World in Lithuania, the killing fields of Cambodia, the city of Sarajevo and Vietnam, where tourists are "educated" about the other side of the Vietnam War. They even take in the Diefenbunker outside Ottawa, where the Canadian government was supposed to hole up in case Dr. Strangelove turned out to be a documentary.

The most disturbing thing I've ever seen in my west end Toronto neighbourhood was a brief infestation of Polish neo-Nazi skinheads, the children and grandchildren of people who survived Nazi occupation before emigrating to Canada, only to see a handful of their descendents sporting swastikas and hanging outside tatty discos.

At the site of Hitler's command bunker in Poland, Poles dress up in Nazi battle dress for the edification of tourists, and Becker finds a group of Chinese students who wonder if the Poles have already forgotten their history. It's a worthwhile, and unsettling, question.

Rick McGinnis writes about music, movies, books and television, but not opera.

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/30/08 primetime	267	351	- ACCESS	Help TV		Cold Case		Pushing Daisies (N)		Fringe "The Arrival" (N)		Help TV
	243	317	3 CFCN	eTalk	Hollywood	Law & Order: SVU		Without a Trace (N)		Dancing With the Stars		News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	News	News	Entertainment	The Insider (N)	Opportunity Knocks (N)		Dancing With the Stars		Half Their Size
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (N) (DVS)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	90210 "Model Behavior"		House "Adverse Events"		(10:01) Kitchen Nightmares		News Hour
	246	-	8 CKAL	Law & Order: SVU		Privileged (HDTV) (N)		Opportunity Knocks (N)		NY-Hollywood	Friends	Your City
	119	705	9 CBXFT	Virginie (SC)	La Facture	Providence (N) (SC)		Roxy (N) (SC)	Filantes	Le Téléjournal (N) (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		NCIS "Agent Afloat" (N)		The Mentalist (HDTV) (N)		Without Trace
	-	374	14 KSPS	NewsHour With Jim Lehrer		Nova (DVS)		Wild!		P.O.V. "Critical Condition" (N)		
	502	390	15 CBC	CBC News: The National		Canada Votes: Extreme Debate			Our World	CBC News: The National		National
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser: Families (N)				Law/Ord SVU
	-	373	22 KAYU	The Simpsons	The Simpsons	Two/Half Men	Two-Half Men	House "Adverse Events"		(10:01) Fringe (N)		News (N)
	297	652	37 WPIX	Privileged (HDTV) (N)		CW11 News at Ten		Two-Half Men	Friends	Sex and City	Will & Grace	According-Jim
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400	21 TSN	NHL Preseason Hockey		SportsCentre (HDTV) (Live)			In This Corner	UEFA Champions League Soccer		
	408	418	27 net	NHL Preseason Hockey Calgary Flames at Edmonton Oilers. (Live)					Sportsnet Con.	Sportsnet Connected (Live)		Best-Sports
	410	403	30 SCORE	Poker: Canadian Open		Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage
	411	457	44 OLN	Angry Planet	Surf Patrol	Don't Forget Your Passport		Pilot Guides "California"		Don't Forget Your Passport		Survivorman
	417	406	48 SPEED	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)	Pass Time	Unique Whips		Low Life
family	552	543	20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad
cable variety	575	583	11 CMT	Reba	Hope & Faith	Home Improve.	Home Improve.	CMT30	CMT 4 Tracks	Reba	Hope & Faith	Home Improve.
	553	546	17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Pam: On Loose	Sunset Tan	The Biggest Loser: Families (N)				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Shopping Bags	Style by Jury	Will & Grace	Friends	Coleen's Real Women		Style by Jury	Style by Jury	Good Naked
	521	560	24 TLC	Mystery Diagnosis		Dr. G: Medical Examiner		My Shocking Story		Mystery Diagnosis		Med. Examiner
	603	561	25 FOOD	The F Word (N)		Chef School	At the Table	Restaurant Makeover		Food Network Awards Cake		The F Word
	615	520	26 A&E	The First 48 (HDTV)		The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Vivienne Vyle	Vivienne Vyle	About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	Trailer Park	The Shield (N)
	601	562	33 SLICE	Rich Bride, Poor Bride		Plastic-Perfect	Matchmaker	Newlywed	In Laws	Rich Bride, Poor Bride		Plastic-Perfect
	-	633	34 ENC2	*Stewardess*	(7:20) *Keep It in the Family* (1973, Comedy)			*Cheech & Chong's Next Movie* (1980, Comedy)			Cheech and Chong-Get Out	
	520	505	35 DISC	Destroyed	Destroyed	Mighty Ships "Becrux"		Daily Planet		Destroyed	Destroyed	Mighty Ships
	620	523	36 BRAVO	John Kay: Magic Carpet Ride		Celtic Roots	Murdoch	Law & Order		Without a Trace		*Richard III*
	294	650	40 WPCH	*My Best Friend's Wedding*		Cheers	Family Guy	Family Guy	Seinfeld	*My Best Friend's Wedding* ★★★ (1997)		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman
	-	539	42 TCM	*Lassie-Home*	(7:45) *Meet John Doe* ★★★ (1941, Drama) Gary Cooper. (DVS)					*High Noon* ★★★★ (1952, Western)		
	628	584	43 SPIKE	CSI: NY "YoungBlood"		CSI: NY (HDTV)		CSI: NY "Bad Beat"		CSI: NY "Buzzkill"		Trek: Voyager
	522	516	45 HIST	The Worst Jobs in History		NCIS "Brothers in Arms"		The Worst Jobs in History		Dark Tourism		NCIS
	627	528	46 SPACE	Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1 (DVS)		Lost "Special"		Deep Space 9
	-	-	47 AMC	(6) *Road House* ★★ (1989, Action)			*Black Dog* ★★ (1998, Action) Patrick Swayze, Meat Loaf.				Mad Men (HDTV)	
	619	525	49 TROP	Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.	Pure Design
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 CLT	Missing Link Visitors.		Mysterious Ways		Judging Amy		Killer Next Door		Missing Link
	269	350	93 APTN	News		Closer-Home	Great Towns	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation
	-	-	94 MCP	(6:30) News	News	Matchmaker	Daughters-Law	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz
	571	581	100 MMM	Fabulous Life Of...		Don't Forget the Lyrics!		Party of Five		Fabulous Life Of...		Party of Five
	570	580	101 MM	So You Think You Can Dance Canada (DVS)				The Shift		Pimp My Ride	Technical Diff.	disBand
	581	566	102 MTV	Making the Band 4 (N)		Paris Hilton's My New BFF (N)		MTV Live	After	Man and Wife	The Hills	Paris Hilton

critics' corner

The Tudors
Oh, Henry! As season two opens, Henry (Jonathan Rhys Meyers) assumes control of the Church of England and banishes Anne Boleyn (Natalie Dormer) after she demands that he cut off contact with Katherine (Marie Doyle Kennedy). That's not all that's going to be cut off ... but we're not there yet. A cook is boiled alive for poisoning a bishop under threat of blackmail. Sam Neill also stars. 9 PM on CBRT

John Kay: Magic Carpet Ride
This hourlong special chronicles the life and career of John Kay, the "hard-rock outlaw" best remembered as the man who wrote the 1960s rock anthems "Born to Be Wild" and "Magic Carpet Ride" and led Steppenwolf, the iconic band that recorded those songs. Interviews with Kay and his wife, Jutta Maue-Kay, as well as an assortment of former band mates and associates, provide different perspectives. 7 PM on BRAVO

Quaid rips Ryan

Actor Dennis Quaid has slammed his ex-wife, actress Meg Ryan, for revealing all about their 2000 marriage breakup, insisting her allegations of his infidelity will only cause their son Jack more "pain" and "turmoil." IMDB.COM

Celebrity Buzz

Duffy: 'I've sold my soul'

FAME Duffy is on the brink of a "nervous breakdown," femalefirst.co.uk reports.

The singer has revealed the pressures of fame have taken their toll, forcing her to consider "disappearing." The 24-year-old has had too many encounters with over zealous fans which have left her shaken.

"As a girl, I thought I was superhuman. But I'm bordering on a nervous breakdown," she reportedly said. "The scary thing is this feels like just the beginning. It would be easy to become a recluse. I have sold my soul and I'm no longer anonymous. It can be really frightening when there are 15 lads on one side of the pub and a gang of girls on the other who all want your photo.

Despite debating whether she can handle being a celebrity, the star believes it would not be fair on her fans to quit now.

"It would be wrong for me to disappear. I have to play for the fans. I just have to remember that the majority of people are good," she added.

METRO NEWS SERVICES

Mother-in-law to Amy: Clean up or don't see hubby

DRUGS Amy Winehouse's mother-in-law wants the troubled singer to kick her alleged drug habit before she can be reunited with her husband after his release from prison, website femalefirst.co.uk reports.

Blake Fielder-Civil is serving a 27-month sentence at a prison in Suffolk, England for causing actual bodily harm and perverting the course of justice. He is set to be released early on condition that he lives with his mother. Georgette Fielder-Civil claims her son has kicked his alleged drug habit in prison.

"We can support him at home, away from Amy and the London drug dealers, and help him rebuild his life. Now Amy has got to do the same before they can get back together," she says.

Fielder-Civil had previously declined early release from prison as the agreement meant he would have had to wear an electronic tag and be under a 7 p.m. curfew.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

celebrity briefs

McCready to turn herself in

JUSTICE Mindy McCready will voluntarily surrender to authorities today to serve 60 days in a Tennessee jail for a probation violation, her rep has told People.

The singer, 32, was arrested for violating her probation for prescription drug fraud in June, People.com reports. The singer had entered rehab July 16 for undisclosed reasons and she was previously jailed in 2007 after violating probation on a 2004 drug arrest.

Allen criticized over necklace

CAUSES Lily Allen has been condemned for glamourizing guns by wearing a necklace with a machine gun pendant, femalefirst.co.uk reports.

The singer — who previously met with London mayor Boris Johnson to outline proposals to reduce knife crime — was photographed wearing the pendant recently. But it has outraged anti-violence groups. "If she's really worried about violent crime then she shouldn't wear a necklace that promotes guns." says Lyn Costello, from anti-violence group MAMAA.

METRO NEWS SERVICES

Fan wanted to share her salad

FOOD Ashley Tisdale was left stunned when a fan's mother demanded she give her child some salad, femalefirst.co.uk reports.

The High School Musical star, who plays popular schoolgirl Sharpay Evans in the hit Disney film franchise, couldn't believe it when the woman came over to the table when she was dining with her family and made the request.

"A bunch of little girls came over and I thought they wanted an autograph, which was totally cool," Tisdale told FOXNews.com.

"But then the mother demanded I give her daughter a bite of my salad. She wasn't joking and she wouldn't go away when I said no. It was so odd that a grown woman would do that, especially in front of her kids. It was so wrong."

METRO NEWS SERVICES

celebrity brief

Longoria, Parker say they have nothing to hide

COUPLES Eva Longoria Parker's basketball star husband Tony Parker has repeated denials his wife is pregnant, insisting the world would know as soon as she was expecting — because the couple wouldn't want to keep the happy news from anyone, imdb.com reports.

The San Antonio Spurs guard admits people won't stop gossiping about his wife's recent weight gain for her role on the show Desperate Housewives, but he insists she's not with child. "We don't wanna hide it. I don't know why people keep asking us," he says.

METRO NEWS SERVICES

Madonna faces hefty fine for breaking curfew

FINE Madonna has reportedly been fined $249,750 US by Wembley Stadium officials for breaking the venue's curfew during the London stop of her Sticky & Sweet world tour earlier this month, femalefirst.co.uk reports.

The singer's show overran the 10:30 p.m. curfew by 40 minutes when she played there on Sept. 11.

She has now been charged $92,500 for every 15 minutes she went overtime.

"The concert was meant to start at 8:30 p.m. but Madonna didn't come on stage until 9:10 p.m. The gig ended at 11:10 p.m. so she was quite a bit over," a Wembley Stadium source says. "Her people knew about the possible implications for going over the curfew but this is a pretty hefty fine, even for Madonna."

METRO NEWS SERVICES

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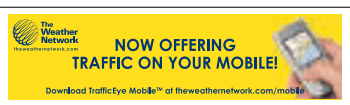
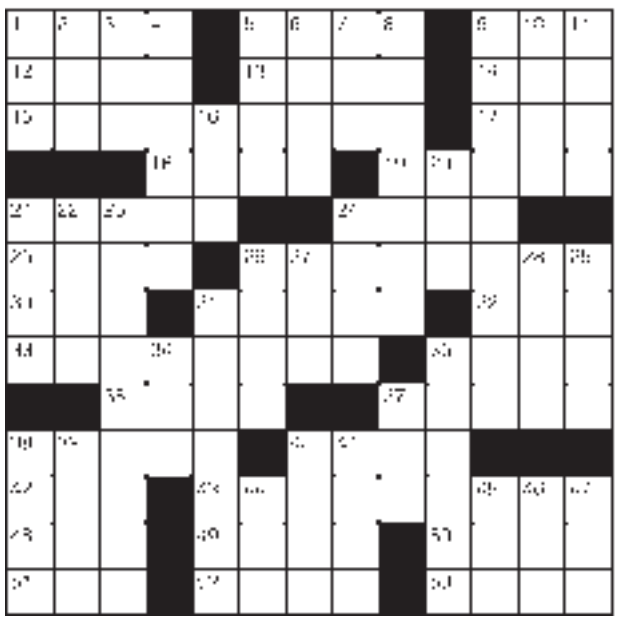
Wednesday Sunny 26° / 7°
Thursday Sunny 24° / 9°



Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8	1				9	5	
			7		8			
6	7			9			3	1
		5	1		2	3		
1								4
		4	9		3	1		
9	3			2			8	5
			8		5			
	4	8				6	1	

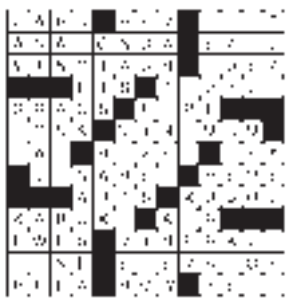
Crossword across

1 Hardly exciting
5 Moist
9 Society newcomer
12 Grooving on
13 Lotion additive
14 Under the weather
15 Retail-chain founder
17 — Zedong
18 Sandwich cookie
19 Representative
21 Misbehave
24 Soon, in verse
25 Comedian Sahl
26 "You Send Me" singer
30 Worldwide workers' grp.
31 Strange
32 Churchill's gesture
33 Golf legend
35 Sense
36 Hairless
37 Vends
38 Dreaded bacterium
40 Take to the lake
42 Moving truck
43 British officer with an eponymous belt
48 — out a living
49 Verifiable
50 Approach
51 In medias —
52 Hollywood locations
53 Safecracker

Crossword down

1 Insult
2 Geneticist's abbr.
3 $ dispenser
4 Withdraw
5 Earnhardt of NASCAR
6 Saxophone range
7 Cattle call?
8 Sinner's self-abasement
9 Melodramatic paperback of yore
10 Verve
11 Rorschach picture
16 Dadaist Jean
20 Stickum
21 Writer Kingsley
22 Pop flavor
23 Brass instruments
24 Surrounded by
26 Progeny
27 Coach Parseghian
28 Carina
29 Morays, e.g.
31 Signs up
34 Bando of baseball
35 Crime
37 Round Table address
38 Eternally
39 Birthday party must-have
40 Pornography
41 Lincoln and Vigoda
44 Exist
45 Teeny
46 Gripe constantly
47 Work unit

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	3	5	9	7	2	4	8	1
1	2	9	8	6	4	7	5	3
4	7	8	1	5	3	9	2	6
9	4	7	5	2	1	3	6	8
5	8	1	6	3	9	2	7	4
3	6	2	4	8	7	1	9	5
8	1	3	2	9	6	5	4	7
2	5	4	7	1	8	6	3	9
7	9	6	3	4	5	8	1	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

Chicken Fingers with Spicy Mustard Dip

INGREDIENTS (FINGERS):
1 1/2 lb (750 g) boneless, skinless chicken breasts
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) black pepper
1/2 cup (125 mL) all-purpose flour
2 large eggs
2 tbsp (25 mL) water
2 cups (500 mL) bread crumbs
1/4 cup (50 mL) grainy Dijon mustard
1 large garlic clove, minced
1 tbsp (15 mL) paprika

INGREDIENTS (DIP):
1 cup (250 mL) light sour cream
2 tbsp (25 mL) grainy Dijon mustard
2 tbsp (25 mL) fresh chives

METHOD:
1. For dip, blend sour cream, mustard and chives. Cover and refrigerate.
2. Cut chicken lengthwise into strips (3 in/7.5 cm x 1 in/2.5 cm). Sprinkle with salt and half the pepper.
3. Place flour in a zippered plastic bag. In a pie plate, whisk eggs and water until frothy. In a large, shallow dish, blend bread crumbs, mustard, garlic, paprika and the rest of the pepper.
4. Drop the chicken strips, a few at a time, into the bag of flour and shake until well coated. Shake off excess flour. Dip strips into beaten eggs, then into bread-crumb mixture, gently pressing the crumbs onto the chicken so they adhere. Arrange strips on a large non-stick baking sheet and refrigerate for 30 minutes.
5. Preheat the oven to 400°F (200°C). Bake chicken strips until golden brown and crisp, about 15 minutes, turning once. Serve hot or at room temperature with chilled mustard dip.

Calories 333, calories from fat 72, fat 8 g, saturated fat 1 g, cholesterol 132 mg, carbohydrate 28 g, fibre 1 g, sugars 0 g, protein 36 g.
SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
An intuitive friend calls out for soothing treatment. Special plans are changed without warning. Don't prejudge when you see some damage.

TAURUS
APRIL 21-MAY 21
An unnecessary romance is set for melodrama. A family quarrel finally bites the dust. Your friends will shelter you.

GEMINI
MAY 22-JUNE 21
Try to avoid talking too much to a sarcastic sibling. A deceptive person brings a change of luck. Someone's bad habit will start a quarrel.

CANCER
JUNE 22-JULY 22
A progressive friend comes in handy. You need to find the right person to do a dirty job. A conflict can create confusion.

LEO
JULY 23-AUG 23
Don't believe anything that is said at the last minute. A conflict will be settled by someone's loss of courage. A stranger in despair will visit.

VIRGO
AUG 24-SEPT 22
Rumors can lead to an understanding. Weird events will make you feel suspicious. Find someone you can trust.

LIBRA
SEPT 23-OCT 23
An innocent person will create a stimulating atmosphere. Cast a wider net to find reassurance. Someone will head towards a scary situation.

SCORPIO
OCT 24-NOV 22
Don't spurn a great job offer. You'll attract those who respect your methods. A hacker shows a disturbing lack of integrity.

SAGITTARIUS
NOV 23-DEC 21
A dream has an impact on your life. A practical promise will have unexpected effect. A group will terminate obsolete methods.

CAPRICORN
DEC 22-JAN 20
Be humble in a touching moment. Someone will be oblivious to affection. You'll emerge unscathed from a wonderful fantasy.

AQUARIUS
JAN 21-FEB 18
A grinning friend experiences reality as it happens. Convenient excuses will make some people very nervous. A buddy arrives in the nick of time.

PISCES
FEB 19-MARCH 20
Your duties will limit the time you spend being bored to tears. A child needs medical attention. Somebody's deep concern about money will be hidden.

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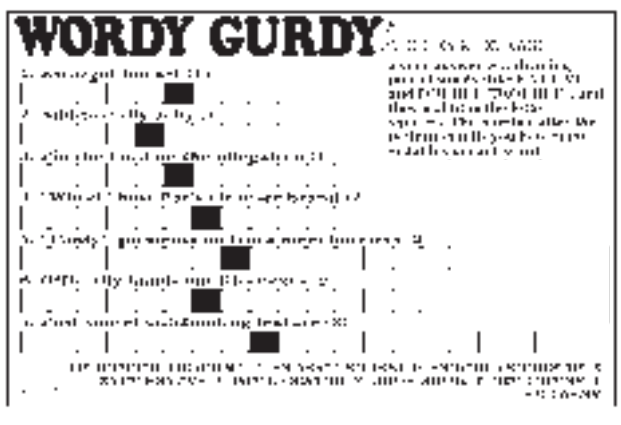

This day in history

SEPT. 30, 1791: The Magic Flute, the last opera composed by Mozart, premiered at Theater an der Wien in Vienna, Austria.
SEPT. 30, 1882: The world's first commercial hydroelectric power plant (later known as Appleton Edison Light Company) begins operation on the Fox River in Appleton, Wisconsin, United States.
SEPT. 30, 1888: Jack the Ripper kills his third and fourth victims, Elizabeth Stride and Catherine Eddowes.
SEPT. 30, 1927: Jack Babe Ruth becomes the first baseball player to hit 60 home runs in a season.
SEPT. 30, 1955: Film icon James Dean dies in a road accident, at age 24.

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